

Checklist

What you need to take when you leave

Identification (if applicable)

- Driver's License
- Birth Certificate
- Children's Birth Certificate
- Social Security Cards

Financial

- Money and/or credit cards
- Checking and/or savings account papers/passwords

Legal Papers: (if applicable) may include:

- Protective Order
- Lease, rental agreement, and house deed
- Car registration and insurance papers
- Health and life insurance papers
- Medical records for you and your children
- School records
- Work permits/Green Card/ViSA
- Passport
- Divorce and custody papers
- Marriage License

Other

- Medications
- House and car keys
- Valuable jewelry
- Phone/s & Charger/s
- Pictures and sentimental items
- Change of clothes for you and your children
- Children's favorite toys or books

Emergency numbers

WOMAN, Inc. 24-hour Support Line
415-864-4722
1-877-384-3578
TTY: 1-888-864-4788

National Domestic Violence Hotline
1-800-799-SAFE (7233)
TTY: 1-800-787-3224

Telephone numbers in your area

Your local resource/support line, etc.

Your safe friend you can call

Cooperative Restraining Order Clinic

415-969-6711

Domestic Violence Personal Safety Plan



W . O . M . A . N . , I N C

Taking precautions and making plans to stay safer

26 Boardman Pl.
San Francisco, CA 94103
www.womaninc.org

Safety during an explosive incident:

- A. If there is an incident of violence, try to be in a place that has an exit & is not a bathroom, kitchen, or room that may contain weapons.
- B. Practice getting out of your home safely. Identify which door, window, elevator, or stairwell to use.
- C. Pack a bag & have it ready at a friend's or relative's house.
- D. If possible, identify neighbors you can tell about the violence & draft a plan together as to how they should respond if they hear a disturbance coming from your home.
- E. Devise a code word to use with your children, family, friends, & neighbors when you are in danger of being harmed.
- F. Decide & plan where you will go if you ever have to leave home.
- G. Use your instincts & judgment. They have served you well this far; if something doesn't feel right, come up with a plan that may or may not involve these suggestions.

Safety when preparing to leave, consider:

- A. Leave money, a set of keys, copies of important documents, passwords, extra clothes & medicines in a safe place or with someone you trust.
- B. Get your own post office box, if possible, so you can continue to receive mail.
- C. Identify a safe place where you can go, even for a few hours
- D. Keep the WOMAN, Inc. support line number & phone with you.
- E. If you have pets, make arrangements for them to be cared for. They could be in danger if left behind & it could be very difficult to get back.

Considerations around protective orders:

- A. If you reside in SF (or abuse has happened in SF) & have been threatened or assaulted by an intimate partner or blood relative, you can find out how to get a restraining order from the Cooperative Restraining Order Clinic.
- B. If granted, always keep your protective order with you.
- C. Consider informing family members, friends & neighbors that you have a protective order in effect.

Safety in your own Residence:

- A. Be sure all your doors & windows are locked; change your locks if possible.
- B. Develop a safety plan with your children, if applicable.
- C. Inform your children's school, day care, etc. about who has permission to pick up your children.
- D. Be mindful of your online presence; make profiles private & change passwords often.

Safety on the job and in public. If possible:

- A. Inform someone at work of your situation. Provide security officers at work (if applicable) of the situation; offer a photo of your (ex) partner.
- B. Have someone screen your telephone calls at work.
- C. Have someone escort you to and from your car, bus, or train.
- D. Change your routine from time to time, & avoid places where your ex-partner or their friends are likely to be.
- E. Know your rights as a survivor at your workplace: www.las-elc.org